



# Pre-Lifeguard Class

## Improve your Swimming Ability FREE Classes!

Pre-Lifeguard Classes are swim sessions to teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses

- Register at the pool.
- Ages 14 and older - Adults & Seniors are welcome.
- It is recommended you complete at least one Pre-Lifeguard Class prior to a Lifeguard Training course.
- Attend as many classes as you need to!
- Start anytime!

**Mt. Auburn Indoor Pool • 2034 Young Street • 45219**

(enter driveway by ballfield)

January 5 - May 21	Mon	4:30pm - 5:30pm or 7:45pm - 9:00pm
	Tues	7:45pm - 9:00pm
	Wed	4:30pm - 5:30pm or 7:45pm - 9:00pm
	Thurs	7:45pm - 9:00pm

**Lifeguard Courses start:**

March 6, March 20, April 10, April 24, May 8, May 22, June 2, June 8 and July 6

**[www.cincyrec.org](http://www.cincyrec.org) • Aquatics: 357-P00L (7665) • [aquatics@cincinnati-oh.gov](mailto:aquatics@cincinnati-oh.gov)**

